

IDDSI Level 3

Liquidised



**Information and advice about modifying
diets for someone with swallowing
difficulties**

IDDSI Diet 3: liquidised



Reasons for recommending liquidised food:

- ⇒ You may have difficulty chewing or controlling food in your mouth
- ⇒ You find it hard to swallow or may get tired easily when eating more solid food
- ⇒ Pain on swallowing
- ⇒ You may be at risk of choking or developing chest infections on other foods



What is liquidised food?



Pureed and sieved

Food is smooth and moist with no lumps.
It has been pureed.
It may also need to be sieved to remove particles.



No chewing

It does not need to be chewed



Eat with a spoon

It needs to be eaten with a spoon.
It cannot be eaten with a fork because it drops through.



Does not hold its shape

It can be poured and drunk from a cup.
It does not hold its own shape on a plate.
It cannot be piped layered or moulded.

You can liquidise food using a blender, food processor or it can be mashed then sieved. It is important that it tastes, looks, and smells good.

- ⇒ Remove tough skins and large seeds before you liquidise.
- ⇒ Cut food into small chunks before you liquidise.
- ⇒ Always liquidise foods with extra liquids such as gravy, milk or stock. (Try not to use water as this reduces the goodness in the food).
- ⇒ Liquidise small amounts of food at a time to avoid lumps.
- ⇒ A thickener may be added to maintain thickness.

How the liquidised food looks is very important to encourage appetite

- ⇒ It is a good idea to liquidise each food separately so that there are individual portions of each food available. This helps each part of the meal keep its taste and colour.
- ⇒ Do not liquidise a whole meal together as it looks less appetising.
- ⇒ As the food looks different it is important to be told what it is before you eat it.



Equipment Needed:

- ⇒ Blender / food processor
- ⇒ Sieve
- ⇒ Whisk – useful for adding in dry powders like milk powder, cornflour, or Thickeners. Cream or yoghurt can be easily whisked into purees and sauces.

Check before eating

- ✗ No hard pieces, crust or skin have formed during cooking or standing.
- ✗ It has not thinned out and any liquid within the food has not separated off.
- ✗ Any food in or on the food must be as thick as the liquidised food itself.

Testing method:



What foods am I allowed?

The table overleaf provides a general idea of the foods allowed and the foods to avoid. This is only a general guide and can be modified depending on what you feel you can tolerate.

If eating out or Take Away:

- ⇒ Plan ahead before eating out at a restaurant by obtaining the menu beforehand.
- ⇒ Consider which meals are appropriate and how they could be adapted to a liquidised diet.
- ⇒ Phone the venue before you go with any questions or special requests.

What foods am I allowed?

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Meat and fish

- All meat (e.g. beef, lamb, pork, chicken or liver) can be liquidized if sauce, gravy or soup is added.
- Fish (e.g. cod, haddock, tuna, or salmon) can be liquidized with a savory sauce such as tomato, cheese or parsley.

Remove any fish bones or skin.



- Scrambled eggs liquidise well with milk, cream or cheese sauce.
- Soya or Quorn mince can be liquidised with sauce, gravy or soup.



Puddings

- All milk puddings can be thinned down with extra milk, evaporated milk or cream. Try semolina, tapioca, custard and rice pudding



Fruit and Vegetables

- Fresh, canned and frozen vegetables should be cooked until tender then liquidised with gravy, stock or cheese sauce.
- Fresh fruit such as apples, pears and plums can be stewed, but remove the skins and pips, then liquidise if necessary.
- Canned fruit can be liquidised with fruit juice.



What foods am I allowed?

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- Soft pasta dishes liquidise well if extra sauce is added. These sauces can be homemade, canned or packet. Try spaghetti Bolognese, lasagne, ravioli and macaroni cheese.
- Homemade, canned and ready meals are all suitable for liquidising.



REMEMBER:

Thicken all fluids if you have been advised to do so.
Use fortified milk where appropriate.

If you have any concerns regarding your diet or need to follow a special diet due to a medical condition, please speak to your GP who may refer you to a dietitian.

Please speak to your Speech & Language Therapist or Dietitian for information about companies who can deliver ready prepared IDDSI meals to your home if you require a service like this.

Suggested Meal Ideas

If you are unsure of what your meals will look like, please see the ideas below.

Breakfast (all liquidised):

- Porridge made with milk or cream, e.g. Ready Brek, Oats-so-simple
- Weetabix with hot milk sieved
- Scrambled egg with liquidised canned spaghetti
- Stewed fruit with creamy or smooth yoghurt



Main Meal (all liquidised):

- Cauliflower cheese with milk or cream and mashed potatoes
- Lentil soup with added soft breadcrumbs and grated cheese
- Meat or poultry with gravy, sauce, stock with liquidised potato and liquidised vegetables
- Fish with tomato, cheese or parsley sauce
- Casseroles or stews
- Pasta dish, e.g., macaroni cheese, spaghetti bolognese or ravioli
- Soup (all varieties can be liquidised and sieved) with added cream or cheese
- Root vegetable curry with silken tofu
- Lentils cooked in sauce/gravy/stock, e.g. dhal or lentil casserole
- Corned beef hash with broccoli tops

Desserts (all liquidised):

- Stewed & liquidised fruit (skins, pips & stones removed) with custard or cream
- Canned fruit with custard or cream
- Banana with custard or cream
- Milk puddings, e.g., custard, rice pudding, semolina
- Smooth ice cream



** If you are on thickened fluids, please check with your Speech & Language Therapist about whether it is safe to eat ice cream or jelly.

Snacks/nourishing drinks (all liquidised):

- Milkshake
- Weetabix made with hot milk and sieved

Meal	Sweet Menu Idea	Savoury Menu Idea
Breakfast <u>**All ideas should be liquidised**</u>	Porridge made with milk/cream Weetabix with extra cold/hot milk sieved Stewed fruit with creamy/ smooth yoghurt Milkshakes/ smoothies	Scrambled egg with liquidised canned spaghetti Skinless sausage liquidised with sauce
Morning snack <u>**All ideas should be liquidised**</u>	Smooth yoghurt drinks Custard liquidised with milk/cream Fruits liquidised with juice Milkshakes	Smooth guacamole/ humous/ taramasalata with fluid until smooth Smooth fish/meat pate l with milk/cream Smooth cream/cottage cheese
Lunch <u>**All ideas should be liquidised**</u>	-	Soup (all varieties can be liquidised and sieved) with added cream or cheese Root vegetable curry with tofu Liquidised potato/sweet potato served with liquidised sides (tuna mayo/ cottage cheese, cream cheese)
Afternoon Snack <u>**All ideas should be liquidised**</u>	Smooth cream/cottage cheese with berry compote Chocolate custard Smoothies/ milkshakes	Tinned pasta shapes

Dinner <u>**All ideas should be liquidised**</u>	-	Steamed/ poached fish in white sauce, served with potatoes in milk/cream. All smooth and pourable Soft, cooked vegetables (e.g., carrots, broccoli, parsnip) liquidised in stock. Cottage pie (separately liquidised minced meat with gravy and potatoes with milk/cream) Vegetarian chilli made with meat substitutes, with stock/sauce
Desserts <u>**All ideas should be liquidised**</u>	Pourable instant whip Sponge cake with custard/cream Soft fruit with yogurt, cream, or custard Rice pudding or semolina with extra milk/cream Crème caramel with custard Lemon sponge with lemon sauce	

If you require a high calorie diet for weight gain here is some advice on how to fortify your foods and drinks



Tips

- Eat 3 small meals and 3 snacks each day
- Have milky drinks in-between meals such as: 'all-milk' coffee, hot chocolate, Horlicks or milkshakes

Adding extra calories (Fortifying)

- Fortify 1 pint of full fat milk with 2 – 4 tablespoons of skimmed milk powder and use throughout the day for all drinks (including milkshakes) and puddings
- Use full fat dairy products such as full fat milk, creamy yoghurts and cheese
- Add 1 tablespoon of skimmed milk powder to foods like porridge or puddings
- Add cream, butter, cheese or mayonnaise to foods like mashed potato or on top of vegetables before blending
- Add extra sugar, syrup or honey to puddings, cereal or into drinks



100 calorie boosters

These add 100 calories when added to foods:

- 1 tablespoon of mayonnaise or oil
- A small handful of grated cheese
- 2 tablespoons of salad cream
- 2 tablespoons of honey, lemon curd or golden syrup



Suggested Meal Ideas (high calorie)

****All ideas should be liquidised****

Breakfast:

- Smooth creamy fromage frais with fruit puree
- Smooth porridge or ready brek made with fortified milk
- Weetabix soaked in warm fortified milk
- Scrambled eggs with butter and double cream



Light meals:

- Smooth & creamy soup
- Cheese souffle
- Cauliflower cheese
- Scrambled eggs with butter and double cream

Main meals:

- Shepherd's pie and vegetables
- Meat and vegetable curry with rice
- Fish pie and mushy peas
- Fish/meat casseroles or stews
- Lentil dhal with cauliflower tops
- Corned beef hash with mash potato and broccoli tops
- Top Tip: To make foods more appetising liquidise them separately
- E.g.: liquidise the carrots separately then the fish in sauce separately then the mashed potato separately



Desserts:

- Stewed and liquidised fruits with cream
- Smooth banana custard
- Semolina with smooth fruit puree
- Thick & creamy smooth yoghurt
- Rice pudding with syrup
- Smooth ice cream **if on thickened fluids please check with your speech and language therapist if you can safely have ice cream



Snacks and nourishing drinks:

- Digestive biscuit soaked in milk, made smooth
- Nourishing drinks e.g.: 'all milk' coffee, hot chocolate, milkshake, fruit smoothie or Horlicks.

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For more information about IDDSI please visit the following website: <https://iddsi.org/>

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- **Telephone:** 0800 088 4449
 - **Email:** eec.pals@nhs.net.
 - **Opening hours:** Monday to Friday, 9am–5pm
-

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